

SENIOR MEN - 10KM

L NO	NAME	SURNAME	SEX	AGE	Pos	Position Points						Total	Times on Race					
						Strelitzia	St Albans	Varsvlei	Varsvlei2	NMU	EP Champs		Strelitzia	St Albans	Varsvlei	Varsvlei2	NMU	EP Champs
870	JUWAYNE	FLETCHER	M	27	20-	28	*	*	*			28	0.42.59	*	*	*	*	*
919	KEEGAN	COOKE	M	21	6-	*	*	42	*			42	*	*	0.32.31	*	*	
944	MASANDE	MLONYENI	M	37	9	*	*	*	*	39		39	*	*	*	*	0.36.17	

MEN 40 - 49 / 8KM

928	ALLISTER	MARRAN	M	42	5-5-5-6	43	43	43	42	*		171	0.43.55	0.43.29	0.44.15	0.46.51	*
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MEN 50 - 59 / 8KM

913	PETER	POHLMANN	M	54	5-6-5-3-4	43	42	43	45	44		217	0.42.47	0.41.24	0.41.23	0.42.53	0.42.00
967	MIKE	BURGER	M	58	3-2-5	*	45	47	*	43		135	*	0.38.04	0.38.17	*	0.43.00
871	RECARDO	DEARDRADE	M	57	4-7	*	*	*	44	41		85	*	*	*	0.48.03	0.45.17

MEN 60 - 69 - 74 / 6KM

920	LOCHI	LOCHNER	M	70	1-1-1	50	*	*	50	50		150	0.29.14	*	*	0.29.19	0.28.18
969	GARY	KELLEHER	M	59	5-6-3-6-7	43	42	45	42	41		213	36.24	0.34.23	0.37.02	0.39.08	0.35.54

WOMEN 40 - 49 / 4KM

943	DENISE	DARLOW	F	49	3-3	*	45	45	*	*		90	*	0.21.16	0.20.56	*	*
917	VICKY	TSOUKNIDAS	F	40	4	*	*	*	*	44		44	*	*	*	*	0.29.01

WOMEN 50 - 54 / 4KM

901	EUSENTHA	PILLAY	F	52	4-4-2-3-5	44	44	47	45	43		223	0.26.45	0.25.55	0.25.14	0.29.06	0.26.47
836	SUSAN	PIRON	F	54	5-6-3-2-6	43	42	45	47	42		219	0.27.33	0.29.22	0.26.32	0.27.11	0.28.17
962	MILE	VERMAAK	F	51	7-8-4-5-7	41	40	44	43	41		209	0.31.28	0.29.59	0.28.56	0.31.31	0.30.39

WOMEN 55 - 59 / 4KM

846	BELINDA	BAIN	F	56	2	*	*	*	*	47		47	*	*	*	*	0.21.08
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Member per race

8
8
9
8
11
0
44

total

SPORTS IMPACT EVENTS EPA X-COUNTRY LEAGUE 5, NELSON MANDELA UNIVERSITY, PORT ELIZABETH - 21/07/2018

RACE 1

SENIOR MEN - 10 KM										
POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	1085	409	AMOS	NYONGO	MOTHERWELL A C	M	31	SM10	0.32.47	05/07/1986
2	1102	2349	MARIANO	EESOU	BESTMED MADIBAZ A C	M	26	SM10	0.33.56	07/12/1991
3	1096	1905	MZWANELE	MAPHEKULA	IKHAMVA A C	M	41	SM10	0.35.08	15/08/1976
4	1100	355	MELIKHAYA	FRANS	IKHAMVA A C	M	27	SM10	0.35.10	05/02/1990
5	1098	366	ZOLANI	MABONGO	IKHAMVA A C	M	32	SM10	0.35.12	01/07/1986
6	1099	356	LUYANDA	TSHANGANA	IKHAMVA A C	M	35	SM10	0.35.13	17/06/1983
7	1086	2749	THANDO	NCIPHA	SAP A C EP	M	26	SM10	0.35.53	24/02/1992
8	1089	2564	SINETHEMBA	MIRELE	SAP A C EP	M	21	SM10	0.36.00	17/04/1997
9	1103	944	MASANDE	MLONYENI	CHARLO A C	M	37	SM10	0.36.17	25/09/1980
10	1101	588	KHAYALETHU	MAKALIMA	IKHAMVA A C	M	34	SM10	0.37.53	30/08/1983
11	1093	2647	MSINDISI	MATSHOBENI	NMB MUNISIPALITY A C	M	39	SM10	0.42.05	25/12/1978
12	1091	2230	LYLE	ROCKMAN	BESTMED MADIBAZ A C	M	23	SM10	0.44.21	28/10/1994
13	8123	2217	LINTON	HARMSE	BESTMED MADIBAZ A C	M	54	SM10	0.44.58	13/09/1963
14	1094	2641	THEMBA	GXABEKA	NMB MUNISIPALITY A C	M	43	SM10	0.45.28	09/04/1975
15	1092	1092	EDEN	GRUNDLINGH	ACHILLES AAA	M	28	SM10	0.45.43	08/11/1989
16	1095	2241	BILL	DAVIDS	BESTMED MADIBAZ A C	M	48	SM10	0.46.27	22/10/1969
17	1084	1008	MILES	HOLLINS	BODY CONCEPT	M	45	SM10	0.47.59	21/01/1973

SENIOR WOMEN - 10 KM										
POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	1097	386	LUTHANDO	NXANISA	IKHAMVA A C	F	25	SF10	0.42.16	20/11/1992
2	1090	224	ADRI	WESSELS	ST ALBANS CS EP	F	42	SF10	0.43.12	05/12/1975
3	1087	510	SIPHOKAZI	NOJOKO	MOTHERWELL A C	F	23	SF10	0.47.02	09/11/1994
4	1083	1152	ANCHE	SCHUBART	ACHILLES AAA	F	37	SF10	0.48.23	30/09/1981
5	1088	506	OLWETHU	BOMVANA	MOTHERWELL A C	F	32	SF10	0.49.48	15/05/1986

RACE 2

MEN 35 - 39 / 8KM										
POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8114	2498	RICARDO	PLAATJIES	X-CEL A C	M	35	35-39M	0.27.21	31/01/1983
2	8108	243	SIZAKELE	DAYIMANI	KOWIE STRIDERS	M	38	35-39M	0.30.10	04/03/1980
3	8140	2040	HENRY	CRAUSE	DESPATCH A C	M	35	35-39M	0.33.12	14/10/1982
4	8136	T	JONATHAN	FESTER	TEMP	M	37	35-39M	0.41.00	06/08/1980

MEN 40 - 44 / 8KM										
POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8130	3200	TIAAN	CONRADIE	UP AND RUNNING A C	M	43	40-44M	0.32.36	14/06/1975
2	8112	1457	RICHARD	MAZUNGULA	NEDBANK RC EP	M	41	40-44M	0.35.28	13/01/1977

MEN 45 - 49 / 8KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8111	1735	NOEL	ADAMS	GELVAN A C	M	46	45-49M	0.29.16	17/06/1972
2	8122	1406	AUGUST	ESAU	NEDBANK RC EP	M	47	45-49M	0.30.40	30/11/1970
3	8134	1713	GILROY	DOMINGO	GELVAN A C	M	46	45-49M	0.33.45	17/06/1972
4	8107	1740	BASIL	STEVENS	GELVAN A C	M	46	45-49M	0.35.57	25/09/1971
5	8116	190	MARIUS	FERREIRA	ST ALBANS CS EP	M	49	45-49M	0.39.00	06/08/1968
6	8131		BRETT	INFANTI	TEMP	M	48	45-49M	0.40.33	24/07/1969
7	8124	577	RIAN	BARNARD	RUN 4 CHRIST A C	M	49	45-49M	0.50.41	22/12/1968

MEN 50 - 54 / 8KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8110	1170	DESMOND	ZIBI	ACHILLES AAA	M	54	50-54M	0.28.55	21/09/1963
2	8109	1382	MUTEKILE	RASMENI	NEDBANK RC EP	M	53	50-54M	0.31.20	03/01/1965
3	8120	199	LEONARDO	DE VILLIERS	ST ALBANS CS EP	M	54	50-54M	0.34.28	29/11/1965
4	8117	912	PETER	POHLMANN	CHARLO A C	M	54	50-54M	0.42.00	07/08/1963
5	8115	555	JOHAN	ENGELBRECHT	RUN 4 CHRIST A C	M	54	50-54M	0.42.50	26/02/1964
6	8127	3060	FREEK	DANIELS	TRANSNET ENG EP	M	51	50-54M	0.44.20	02/08/1966
7	8118	1700	LEON	GROENEWALD	MADIBA BAY WARRIORS A C	M	51	50-54M	0.45.31	05/10/1966
8	8143	1102	BRIAN	BARENDSE	ACHILLES AAA	M	52	50-54M	0.47.23	18/06/1966
9	8138	465	HELMUT	TERBLANS	WALMER A C	M	51	50-54M	0.50.20	20/02/1965

MEN 55 - 59 / 8KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8142	1120	BENNIE	STADLER	ACHILLES AAA	M	55	55-59M	0.32.51	25/02/1963
2	8129	301	IAN	PATTERSON	MUIRITE STRIDERS	M	55	55-59M	0.33.00	26/05/1963
3	8121	1524	SAM	ERASMUS	NEDBANK RC EP	M	59	55-59M	0.40.40	24/10/1957
4	8133	571	ATTIE	WILLIAMS	RUN 4 CHRIST A C	M	55	55-59M	0.41.55	01/01/1963
5	8135	967	MIKE	BURGER	CHARLO A C	M	59	55-59M	0.43.00	08/06/1959
6	8126	2215	WAYNE	MACGEAR	BESTMED MADIBAZ A C	M	55	55-59M	0.44.47	16/06/1963
7	8132	871	RICARDO	DE ANDRADE	CHARLO A C	M	57	55-59M	0.45.17	08/10/1960

MEN 75 - 79 / 6KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4484	1105	ROBIN	CLARK	ACHILLES AAA	M	77	75-79M	0.30.07	30/01/1941

MEN 70 - 74 / 6KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6137		LOCHI	LOCHNER	CHARLO A C	M	70	70-74M	0.28.18	23/12/1947
2	6156	2779	HERMAN	DEKKER	SAP A C EP	M	73	70-79M	0.34.50	18/12/1944

MEN 65 - 69 / 6KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6131	1659	HANNES	ELS	MADIBA BAY WARRIORS A C	M	68	65-69M	0.26.22	08/01/1950
2	6161	1106	ERROL	BLACK	ACHILLES AAA	M	66	65-69M	0.28.22	27/10/1950
3	6140	1608	EDDIE	EADES	NEDBANK RC EP	M	69	65-69M	0.29.07	23/02/1949
4	6150	1111	GRAHAM	CHANNON	ACHILLES AAA	M	68	65-69M	0.30.00	05/09/1949
5	6149	1148	PERCY	DALTON	ACHILLES AAA	M	69	65-69M	0.30.27	31/07/1948
6	6147	1122	BOB	STEDMAN	ACHILLES AAA	M	68	65-69M	0.41.15	26/07/1949
7	6157	1139	GRAHAM	NELL	ACHILLES AAA	M	67	65-69M	0.41.40	09/04/1951

MEN 60 - 64 / 6KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6141	2483	CHESTER	BROOKS	X-CEL A C	M	60	60-64M	0.26.56	26/02/1958
2	6128	257	STICKS	STIGLINGH	KOWIE STRIDERS	M	62	60-69M	0.27.05	24/10/1954
3	6129	1718	CHARLES	BAATJIES	GELVAN A C	M	61	60-64M	0.28.13	19/11/1956
4	6148	1010	JAN	VAN EEDEN	NEDBANK RC EP	M	60	60-64M	0.30.01	13/06/1958
5	6132	1466	AT	SCHOEMAN	NEDBANK RC EP	M	61	60-64M	0.31.28	16/10/1956
6	6145	1144	KEN	BARWOOD	ACHILLES AAA	M	63	60-64M	0.34.56	17/05/1955
7	6165	969	GARY	KELLEHER	CHARLO A C	M	60	60-64M	0.35.54	09/09/1957
8	6130	1135	MOF	BOTHA	ACHILLES AAA	M	62	60-64M	0.40.05	30/11/1955

WOMEN 35 - 39 / 4KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4456	1178	ASANDA	ZAMISA	ACHILLES AAA	F	35	35-39F	0.17.13	21/06/1983
2	4468	2266	ARINDA	PRITCHARD	BESTMED MADIBAZ A C	F	39	35-39F	0.17.31	22/09/1978
3	1268	1107	DAWN	BLACK	ACHILLES AAA	F	37	35-39F	0.19.09	28/01/1981

WOMEN 40 - 44 / 4KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4443	1517	SIENA	DE VOS	NEDBANK RC EP	F	41	40-44F	0.19.23	15/06/1977
2	4455	1736	ELIZE	ADAMS	GELVAN A C	F	43	40-44F	0.19.40	06/10/1974
3	4479	2035	RETHA	POTGIETER	DESPATCH A C	F	44	40-44F	0.21.40	03/07/1974
4	1262	917	VICKY	TSOUKNIDAS	CHARLO A C	F	40	40-44F	0.29.01	20/01/1978

WOMEN 45 - 49 / 4KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4478	1911	JENE	BANFIELD	BLUEWATER BAY A C	F	47	45-49F	0.18.22	22/08/1970
2	1253	1526	GRIZELDA	PIETERSEN	NEDBANK RC EP	F	49	45-49F	0.18.42	29/10/1968
3	4487	T	TASH	LOCK	TEMP	F	45	45-49F	0.20.34	08/12/1972
4	1256	2406	JANINE	VAN ROOYEN	PROFILES A C	F	47	45-49F	0.23.01	19/06/1971
5	1269	1147	LIZ	PRINS	ACHILLES AAA	F	49	45-49F	0.23.59	01/07/1969
6	1258	90	GLORIA	ESAU	INFINITY A C	F	49	45-49F	0.29.58	06/07/1969

WOMEN 50 - 54 / 4KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	1250	1194	CHRISTINE	CLAASEN	ACHILLES AAA	F	53	50-54F	0.17.43	25/08/1964
2	4499	1485	MARIETTE	HATTINGH	NEDBANK RC EP	F	52	50-54F	0.17.59	09/11/1965
3	1266	1114	GAIL	KLICHOWICZ	ACHILLES AAA	F	51	50-54F	0.22.06	10/11/1966
4	1272	1165	LESLEY	MAGGOTT	ACHILLES AAA	F	51	50-54F	0.24.49	16/04/1967
5	1277	901	EUSENTHA	PILLAY	CHARLO A C	F	52	50-54F	0.26.47	10/09/1965
6	1270	836	SUSAN	PIRON	CHARLO A C	F	54	50-54F	0.28.17	25/08/1963
7	1274	962	MILE	VERMAAK	CHARLO A C	F	51	50-54F	0.30.39	25/12/1966
8	1271	1955	VICKI	REYNOLDS	BLUEWATER BAY A C	F	54	50-54F	0.30.55	25/01/1964

WOMEN 55 - 59 / 4KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	1255	1007	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	F	57	55-59F	0.18.49	01/09/1960
2	1261	846	BELINDA	BAIN	CHARLO A C	F	56	55-59F	0.21.08	30/04/1962
3	4441	241	LULAMA	MCEKA	KOWIE STRIDERS	F	57	50-59F	0.23.56	26/05/1961

WOMEN 65 - 69 / 4KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4439	265	AVRIL	BEYLEVELD	KOWIE STRIDERS	F	66	60-69F	0.23.38	09/09/1951
2	1264	1136	CATHY	IVES	ACHILLES AAA	F	65	65-69F	0.26.58	11/04/1953
3	4460	1632	JOS	ELS	MADIBA BAY WARRIORS A C	F	66	65-69F	0.28.48	06/04/1952

WOMEN 70 - 74 / 4KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4490	1463	RONELLE	STEYN	NEDBANK RC EP	F	74	70-74F	0.25.55	21/02/1944
2	4488	2402	VICKY	ASHLEY	PROFILES A C	F	72	70-74F	0.25.58	07/11/1945
3	1265	78	JEANETTE	PIENAAR	P.E.A.A.C.	F	70	70-74F	0.30.00	04/05/1948

RACE 5

SENIOR MEN 4KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	1281	2349	MARIANO	EESOU	BESTMED MADIBAZ A C	M	26	SM4	0.12.41	07/12/1991
2	4486	1439	MZOLISI	MAKHANDA	NEDBANK RC EP	M	35	SM4	0.13.16	21/11/1982
3	1254	2764	VUYOLWETHU	SELANA	SAP A C EP	M	22	SM4	0.13.27	02/11/1995
4	1251	2568	TANDISILE	XOSHOMBA	SAP A C EP	M	22	SM4	0.13.42	18/12/1995
5	1252		MANDILAKHE	NEL	SAP A C EP	M	23	SM4	0.13.55	07/07/1994
6	4458	391	LUBABALO	JUSAYI	ASPEN PHARMACARE AC	M	27	SM4	0.14.08	21/02/1991
7	4477		GARNET	VAN BELLING	WALMER A C	M	42	SM4	0.14.31	29/01/1975
8	1278	2170	SANELISEKILE	SUNDU	BESTMED MADIBAZ A C	M	20	SM4	0.16.07	15/06/1998
9	1304	132	FUARD	DE JAGER	MALABAR A C	M	39	SM4	0.17.27	25/10/1978
10	1299	128	AMIR	VENTER	MALABAR A C	M	37	SM4	0.17.54	21/10/1980
11			SIPHO	NKAMAPHI	TEMP	M	30	SM4	0.19.57	
12	6140	1608	EDDIE	EADES	NEDBANK RC EP	M	69	SM4	0.20.25	23/02/1949

13	4500	571	ATTIE	WILLIAMS	RUN 4 CHRIST A C	M	55	SM4	0.20.28	01/01/1963
14	1297	545	RUHAN	VAN RENSBURG	RUN 4 CHRIST A C	M	26	SM	0.21.24	20/03/1992
15	1305	555	JOHAN	ENGELBRECHT	RUN 4 CHRIST A C	M	54	SM4	0.23.00	26/02/1964
16	1259	2779	HERMAN	DEKKER	SAP A C EP	M	73	SM4	0.26.12	18/12/1944
17	4485	560	MARCELLE	MEYER	RUN 4 CHRIST A C	M	47	SM4	0.26.39	25/09/1970
18	4470	577	RIAAN	BARNARD	RUN 4 CHRIST A C	M	49	SM4	0.28.22	22/12/1968

SENIOR WOMEN - 4KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	1298	1189	KAYLA	NELL	ST ALBANS CS EP	F	24	SF4	0.17.19	14/05/1994
2	4469	2142	CHANTEL	VERWEY	BESTMED MADIBAZ A C	F	31	SF4	0.17.58	29/11/1986
3	8141	2279	MAKUNGU	MATHEBULA	BESTMED MADIBAZ A C	F	20	SF4	0.21.34	23/03/1998
4	4442		NELLY	PHIRI	KOWIE STRIDERS	F	26	SF4	0.27.59	14/11/1990